

A

Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1:15

Free Set (2600)

4 # 100 *IM easy*@ 2:00

	Z	75 <i>fly, back, breast</i> @ 1:30
		75 <i>free, fly, back</i> @ 1:30
6 #		75 <i>breast, free, fly</i> @ 1:30
		75 <i>back, breast, free</i> @ 1:30

4 # 100 *IM fast* @ 2:30

Cool Down (300)

100 *not free*

200 *free*

Total Distance 3500 yards

B

Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1:15

Free Set (2000)

4 # 100 *IM easy*@ 2:30

	Z	75 <i>fly, back, breast</i> @ 2:00
		75 <i>free, fly, back</i> @ 2:00
4 #		75 <i>breast, free, fly</i> @ 2:00
		75 <i>back, breast, free</i> @ 2:00

4 # 100 *IM fast*@ 3:00

Cool Down (300)

100 *not free*

200 *free*

Total Distance 2900

C

Warm Up (600)

200 *choice*

200 *not free*

4 # 50 *kick*@ 1:15

Free Set (1500)

3 # 100 *IM easy*@ 3:00

	Z	75 <i>fly, back, breast</i> @ 2:30
		75 <i>free, fly, back</i> @ 2:30
3 #		75 <i>breast, free, fly</i> @ 2:30
		75 <i>back, breast, free</i> @ 2:30

3 # 100 *IM fast*@ 3:30

Cool Down (300)

100 *not free*

200 *free*

Total Distance 2400